iDemocracy

Co-funded by the Erasmus+ Programme of the European Union

ACTIVITY 5.

ID.2.5.1. Thinking on your feet vs reflective practice

Module 2. Participation and engagement of people with intellectual disabilities at the organisation level.

This project has been funded with support from the European Commission.

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- My name and surname.
- Persons who are important to me.
- Things I like to do.
- Great things about me.
- Things with whom I have challange with.
- Support I need.
- Things that scare me.
- My hopes and dreams.

Thinking on your feet

Thinking on our feet

In day to day life, we make quick decisions.

Should I eat bread or not?

Should I wear a yellow shirt or a brown jumper?

Should I call my friend or my mother?

We reflect briefly on the situation

and make a decision.

This is called thinking on the fly.

Thinking on our feet

There are professionals who do it many times

and this can save lives.

These professionals do it because

of their experience and coping skills.

They act quickly.

Thinking on our feet

There are situations where quick thinking, can lead us into problems.

For example, should I eat junk food?

✓ **Yes**

It is quick,
I don't need to cook,
I don't need to clean the kitchen.

✗ **No**

Eating junk food every day, is not good for my health and wellbeing.

Reflective Practice or Reflection

Let's make a story

Choose a situation, a day

or event in your life.

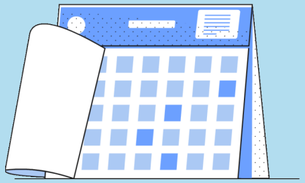
Choose something that happened to you.

Make the story in two ways.

One is a story with a happy ending

and the other with a but ending.

Let's do it together!



Let's make a story

Reflective practice

Reflective practice means that we plan the thinking and outcomes of an action.

We need to take time to reflect,

to think about the situation and how we will feel about the decision we make.

Reflective practice cycle

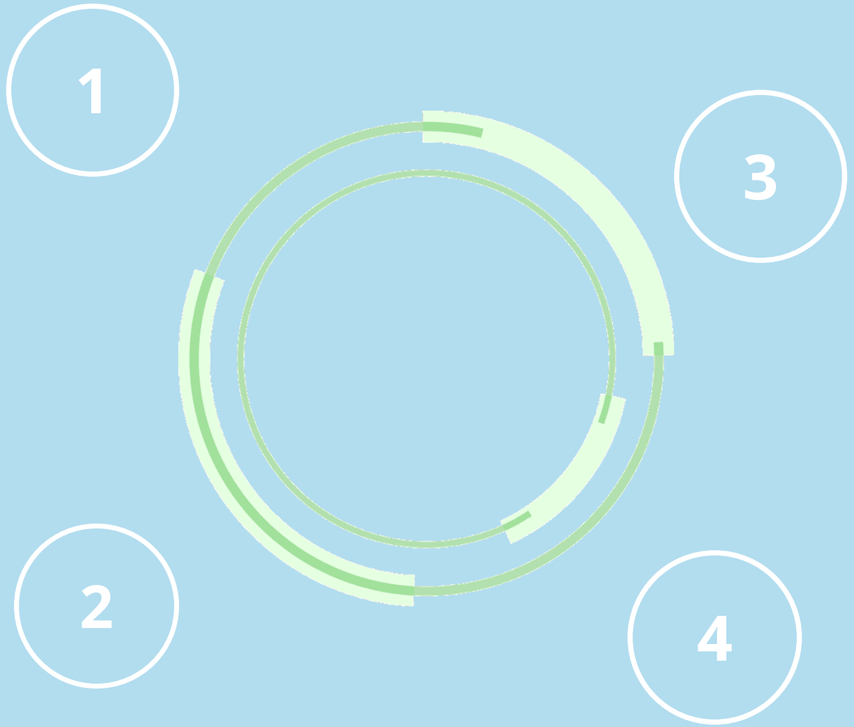
1. The cycle of reflective practice helps you come up with ideas, improve and refine yourself.

Ask the following question:

What do I know about the situation?

What assumptions am I making?

What problems am I likely to have?



Reflective practice cycle

2.Reflect on the situation, problem or event.

Ask the following question:

Do those close to me think this way?

Do I see the situation as a whole?

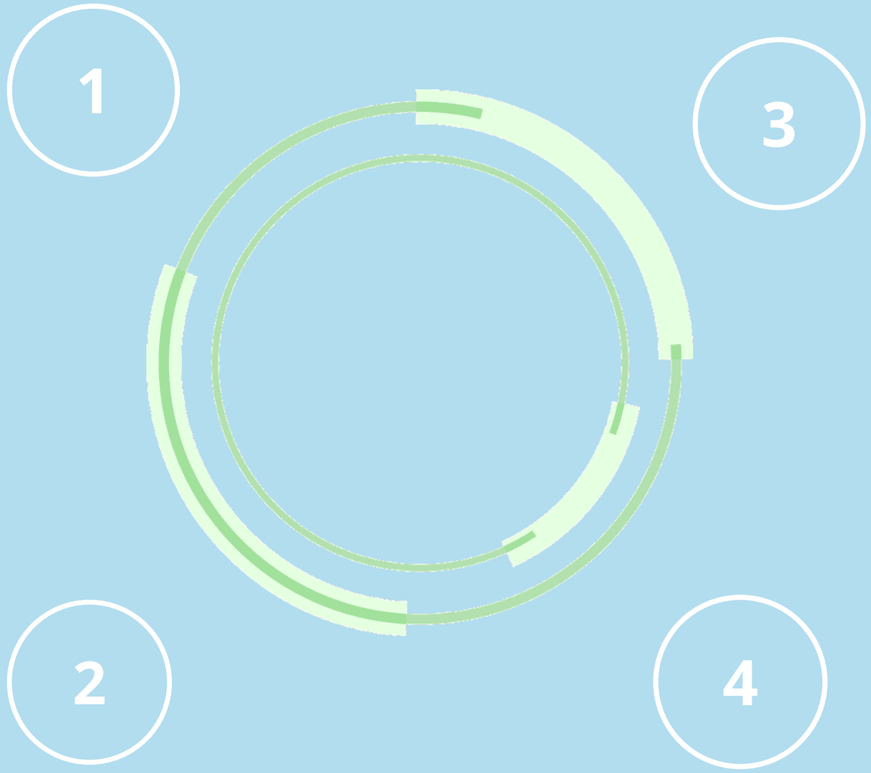
How do I know if I am right?

What skills do I have?

What skills do I need to develop?

What support do I need?

Where can I find that support?



Reflective practice cycle

3.Take action.

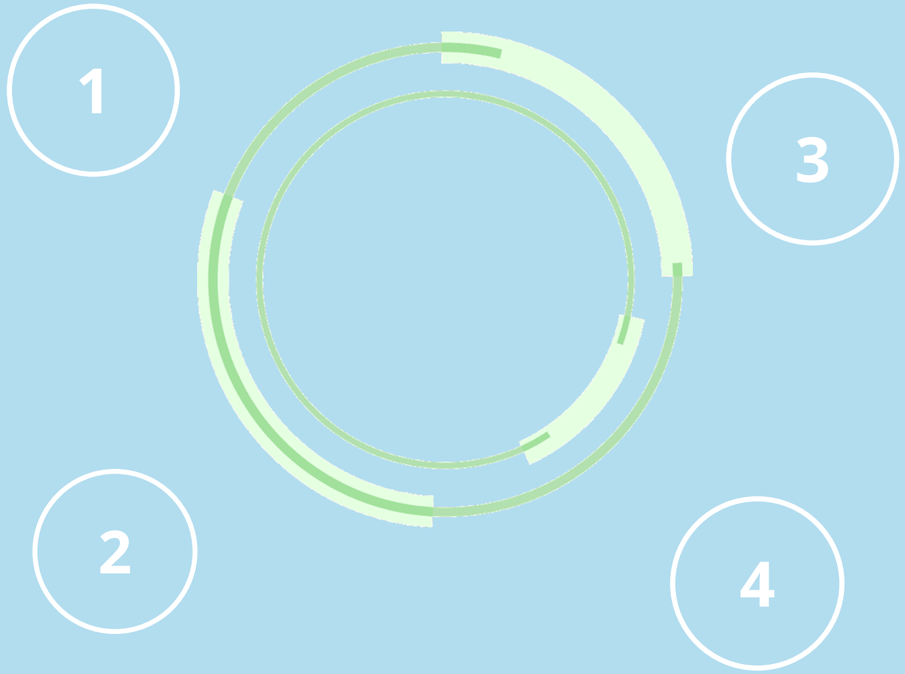
Think about what you would do

in the same or a similar situation.

Ask the following question:

What strategies will I use?

What impact will it have on me?



Reflective practice cycle

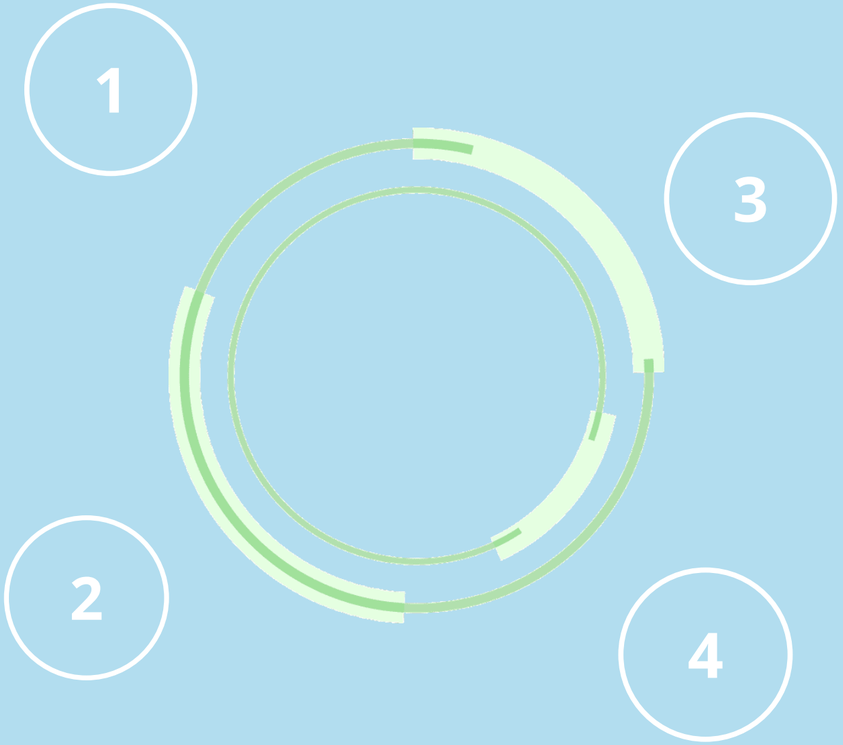
4.Review the actions for the chosen solution

to the situation, problem or event.

Ask the following questions:

Has anything changed?

What have I learned?

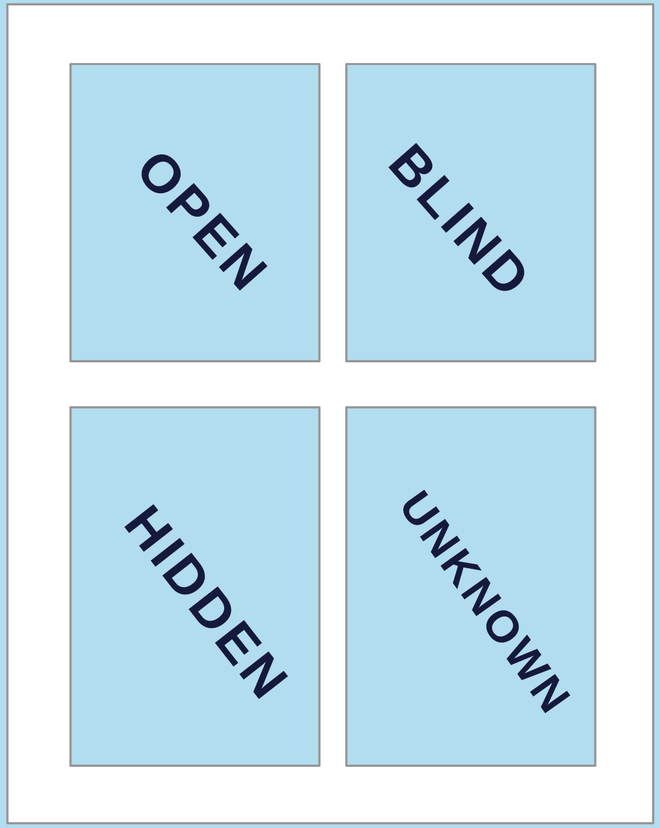


Johari Window

The Johari Window is a simple tool for looking at and developing selfawareness understanding, and managing our response.

What do you or others know about this situation, problem or event.

What is *you know that others don't know?*



What is unknown to you about the situation, problem or event but that other people know about.

What is uknown to you about the situation, problem or event and the other people are also unaware of it.

Let's practice at home and in our everyday life

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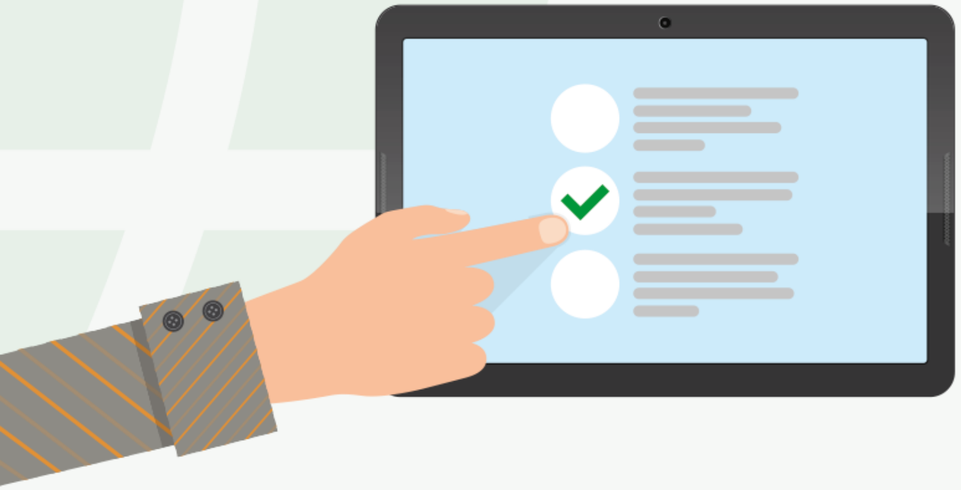

Thank you
for your attention.

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Kartu per gyvenimą! VILTIS

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